

This delinquency prevention program increases protective factors including parental involvement and individual self-esteem.

Studies of *Parenting Wisely* show that this delinquency prevention program increases protective factors including parental involvement and individual self-esteem. The program will also help decrease risk factors including poor supervision and aggressive or disruptive behavior. The Substance Abuse and Mental Health Services Administration indicates that this program will improve parenting skills, enhance family communication, develop mutual support, and increase parental supervision and appropriate discipline of their children.



Protective Factors to Increase

- Accepting personal responsibility
- Positive self-esteem
- Family bonding
- Positive communication
- Healthy relationships
- Increased school participation

Risk Factors to Decrease

- Poor supervision and control
- Inconsistent rules and consequences
- Poor communication and support
- Favorable attitudes toward substance use

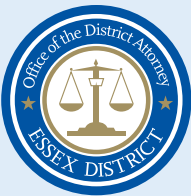
*Based on research by Dr. Donald Gordon,
Developer of **Parenting Wisely**.*

more
information

For further information on any of the Parenting Wisely Programs listed in this brochure, please contact:

**Essex District Attorney's
Juvenile Justice Unit**
or
**Community Awareness
and Prevention Team**

at (978) 745-6610



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PARENTING

Parenting Wisely

AN INTERACTIVE PROGRAM
FOR PARENTS OF YOUNG
CHILDREN & ADOLESCENTS

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The skills attained from
this program will result
in less conflict and more
respect in the home.

- Dr. Donald Gordon
Developer of *Parenting Wisely*

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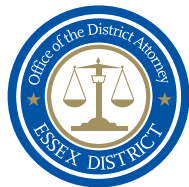
Parents can help prevent
delinquency early in a child's life.

As District Attorney, it is my responsibility to prosecute all criminal cases in Essex County. While prosecution is the primary function of this Office, prevention and early intervention efforts are critical to delinquency prevention and ensuring safe schools and communities.

Parents play a key role in preventing delinquent behavior. By establishing clear rules and consequences, practicing positive communication, and staying involved in their child's life, a parent is able to limit risk factors which can lead to poor decision making. Risk factors can lead to substance abuse, violence, or other delinquent behavior.

Parenting Wisely provides parents with strategies to help their children to make better decisions.

— Jonathan W. Blodgett, Essex District Attorney



Parenting Wisely is recognized as a Model Program from the Substance Abuse and Mental Health Services Administration (SAMHSA) and an Exemplary II Program from the Office of Juvenile Justice and Delinquency Prevention (OJJDP).

adolescent

for parents of children
ages 8-18

Parenting Wisely: American Teen
(English & Spanish Versions)

Parenting Wisely: Urban Teen (UK)

Both of these programs are designed for parents of adolescents ages 8-18.

These versions show nine scenarios common to families with adolescents including homework responsibility, peer influence, and violating curfew.

According to SAMHSA, use of these programs result in a 35%-58% reduction in child behavior problems.

These programs will teach important skills for parents of adolescents including:

- Active Listening
- Assertive Discipline
- Contracting



young child

for parents of children
ages 3-9

Parenting Wisely: Young Children

This version shows seven scenarios common to families with young children, including refusing to go to bed, acting up in public, and getting ready for school. The program engages parents with realistic situations in a non-defensive manner and critiques effective and ineffective parenting methods.

foster & residential

Parenting Wisely:
Foster & Residential Care

This program is designed for foster parents, residential care providers, and parents of challenging teens.

This version shows eight scenarios including stealing, bullying, school problems, vandalism, peer conflict and defiance of authority.

90^{minute} parent workshop

Parenting Wisely:
90 Minute Parent Workshop

The Essex District Attorney's Office offers an overview of Dr. Donald Gordon's *Parenting Wisely Program* in a 90-Minute Parent Workshop.

Parenting Wisely on loan

Parenting Wisely: On Loan

The Essex District Attorney's Office also offers the various versions of *Parenting Wisely* on loan to different agencies and schools interested in using the program.

